



Indoor Ironman
2 Mile Swim, 112 Mile Bike, 26.2 Mile Run

February 1st-March 15th

Participants can chose to either participate in the Individual Ironman OR Team Ironman

Individual Ironman

The Individual Indoor Ironman is based on the honor system. All distances will be reviewed after the completion date. If any distances logged seems unrealistic or forged it will not be counted toward the final number required for the program.

The participant must complete the required distances indoor using the KRC facility within the time frame given. Any distances completed outside or at a different facility will not count towards the final distance. It will be the participants' responsibility to log their own distances after they finish working out and before they leave the facility. The participant must have a fitness attendant or a front desk staff on duty initial the completed work for that particular day.

Swimming must be done at the indoor pool, Biking can be done at any Spinning class or on any bike machine. Running can either be done on the track, treadmill, or elliptical.

Upon completion of the Indoor Ironman the participant will receive a t-shirt.



Indoor Ironman
2 Mile Swim, 112 Mile Bike, 26.2 Mile Run

February 1st-March 15th

Participants can chose to either participate in the Individual Ironman OR Team Ironman

Team Ironman

The Team Indoor Ironman is based on the honor system. All distances will be reviewed after the completion date. If any distances logged seems unrealistic or forged it will not be counted toward the final number required for the program.

The individuals participating in a team must complete the required distances indoor using the KRC facility within the time frame given. Any distances completed outside or at a different facility will not count towards the final distance. It will be the individuals participating on a teams' responsibility to log their own distances after they finish working out and before they leave the facility. The participants must have a fitness attendant or a front desk staff on duty initial the completed work for that particular day.

There must be three participants per team. Each individual will chose and complete one leg of the Ironman (Swim, Bike, Run). That participant must log only their distances for that leg of the Ironman. Team members are not allowed to help each other complete their distances.

Swimming must be done at the indoor pool, Biking can be done at any Spinning class or on any bike machine. Running can either be done on the track, treadmill, or elliptical.

Upon completion of the Indoor Ironman the participants will receive a bag & goodies.